

SUUNTO
t6c

QUICK GUIDE

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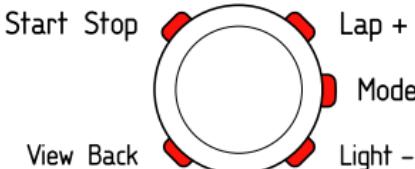
1 GETTING STARTED

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1.1 Basic settings

Press any button to activate your Suunto t6c. You will be prompted to set your **PERSONAL** settings: your physical characteristics and activity class. The device suggests a default fitness METS level, but if you know your real fitness METS, you should use that value.

 **NOTE:** The maximum performance capacity measured in a laboratory test is sometimes given as ml oxygen/kg/min (VO_2 max). If you want to compare the maximum performance capacity calculated by the program in METs to your measured VO_2 max, use the relation 1 MET = 3.5 ml/min/kg.



1. Change the values with the [Lap +] and [Light -] buttons.
2. Accept the settings and move to the next setting with the [Mode] button.
3. Return to the preceding setting by pressing the [View Back] button.
4. After setting the fitness METS level, continue to **UNITS** and **GENERAL** settings, or quick exit to **TIME** mode by pressing the [Start Stop] button.



NOTE: All the PERSONAL settings can be fine tuned later.

1.2 Setting activity class

The activity class (ACT CLASS) is a rating of your current activity level. Use the following classifications to help you determine your activity class.

Activity class 1

If you do not participate regularly in recreational sports or heavy physical activity, use 1.

Activity classes 2 and 3

If you participate regularly in recreational sports or do physical work, and your weekly exercise is:

- less than 1 hour, use 2.
- more than 1 hour, use 3.

Activity classes 4-7

If you participate regularly in sports or other physical activity, and you engage weekly in heavy exercise:

- under 30 minutes, use 4.
- 30-60 minutes, use 5.

- 1-3 hours, use 6.
- over 3 hours, use 7.

Activity classes 7.5 - 10

If you train on a regular basis or participate in competitive sports, and your weekly exercise is:

- 5-7 hours, use 7.5.
- 7-9 hours, use 8.
- 9-11 hours, use 8.5.
- 11-13 hours, use 9.
- 13-15 hours, use 9.5.
- over 15 hours, use 10.

You can update your Activity Class with the Training Manager software.

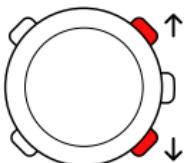
 **NOTE:** If you train without your Suunto t6c, Training Manager software may ask to decrease your **ACT CLASS**, even though you have trained at the described level. We recommend you always train with your Suunto heart rate monitor to ensure it understands and guides you correctly.

1.3 Menu navigation

Access the settings menu by keeping [Mode] pressed.

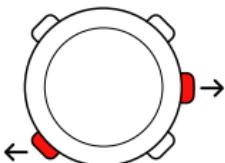


Scroll through the menus and sub menus with [Lap +] and [Light -].

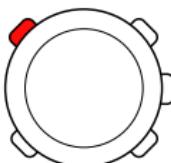


Enter a menu and a sub menu, or accept a setting value with [Mode].

Return to the previous menu with [View Back].



At any time you can exit by pressing [Start Stop].

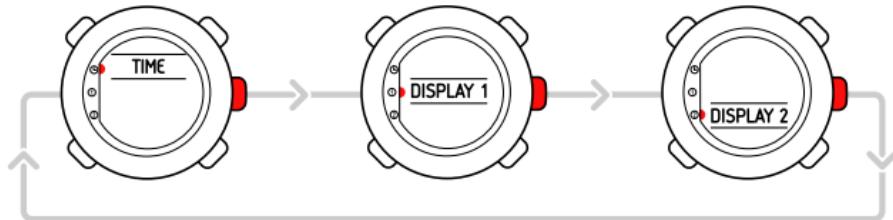


1.4 Modes and views

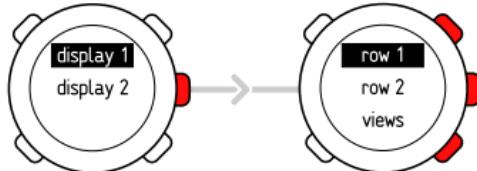
Modes

There are two modes: **TIME** and **TRAINING**. Switch between modes with [Mode]. The indicators on the left-hand side of the screen show which mode is enabled.

TRAINING mode has two displays, **DISPLAY 1** and **DISPLAY 2**.

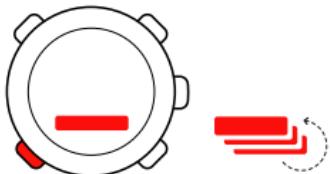


You can customize each **TRAINING** display. In the settings menu, go to **DISPLAYS**. Enter **DISPLAY 1** or **DISPLAY 2** and then enter **ROW 1**, **ROW 2** or **VIEWS** to select the information you want to display.



Views

Each mode has different views containing supplementary information, such as the altitude in **TIME** mode or calories in **TRAINING** mode. Go to **DISPLAYS** settings to define which views are shown in the **TRAINING** mode displays. Change views in **TIME** and **TRAINING** modes with [View Back].



1.5 Button lock

You can lock and unlock the buttons in both **TIME** and **TRAINING** mode by keeping [Light -] pressed.



When the buttons are locked, you can still change views and turn on the backlight. We recommend you lock the buttons, for example, after you have started a training session or are storing the device in a travel bag.

1.6 Installing Training Manager

To analyze the training data saved in your device's memory, you need to install the Suunto Training Manager software. The installation package includes the software application and USB drivers. For instructions on how to install the drivers, see the Suunto Training Manager online Help after you have installed the software.

To install the Suunto Training Manager application:

1. Insert the Suunto Training Manager CD-ROM into the drive.
2. Wait for the installation to begin and follow the installation instructions.

 **NOTE:** If the installation does not automatically start, go to the CD-drive using your file manager and double-click on setup.exe.

 **NOTE:** You can always download the latest version of Suunto Training Manager from www.suunto.com. Please check for updates regularly as new features are continuously developed.

2 TRAINING WITH YOUR HEART RATE MONITOR

2.1 Putting on your transmitter belt

Put on the belt as illustrated and switch to **TRAINING** mode to start monitoring your heart rate. Moisten both contact areas (1) with water or gel before putting the belt on. Ensure the belt is centered on your chest.



⚠️ WARNING: If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before using it, we recommend an exercise test with your Suunto heart rate monitor and belt under a doctor's supervision. Exercise may include some risk, especially for those who have been inactive. We strongly advise you to consult your doctor prior to beginning a regular exercise program.

2.2 Starting a training session

When you enter **TRAINING** mode, your Suunto t6c automatically searches for signals from a transmitter belt. Once found, your heart rate is displayed on the screen. The training session itself starts when you start the log recorder and ends when you stop it.

Using log recorder

By default, the log recorder (**CHRONO**) is displayed on the top row of the **DISPLAY 1**. You can personalize the **TRAINING** mode displays in the **DISPLAYS** settings.

To use the log recorder:

1. In **TRAINING** mode, start the log recorder with [Start Stop]. While the log recorder is running, you can add training laps with [Lap +].
2. Stop the log recorder with [Start Stop].
3. Continue with another timed session (lap) with [Start Stop].

To reset the timer and view the last log summary, keep [Lap +] pressed.



NOTE: *The log recorder must be stopped before you can reset it.*

2.3 Analyzing your training data

Viewing the logbook

While the log recorder is running, your Suunto t6c collects various data about the sessions, depending on your personalized settings. This data is saved in your device's memory.

 **NOTE:** You have to stop the log recorder before you can access the data in the logbook.

To view the totals of your last training sessions in logbook:

1. In **TRAINING** mode, keep the [Lap +] button pressed to view the summary of the previous recorded log.
2. Press the [Lap +] button to scroll through the details.

Using Training Manager

You can transfer your training logs from the Suunto t6c memory to Suunto Training Manager and analyze them in more detail. Suunto Training Manager measures up to seven body parameters from your training session: heart rate, EPOC, Training effect, ventilation volume, respiratory rate, oxygen consumption, and energy consumption.

To transfer training data from Suunto t6c to Training Manager:

1. Connect your Suunto t6c to the USB port of your computer using the supplied data cable.
2. Transfer the log files to Suunto Training Manager according to the instructions given in the Suunto Training Manager online Help.

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